

Workshop 3: Trauma Informed Practices

Developed by Meath Partnership

Short overview:

This three-hour training session introduces participants to the concept of trauma-informed practice, exploring how trauma affects learners and how to create supportive educational environments. It will cover different types of trauma, including individual, complex, and collective trauma, and their impacts on emotional, cognitive, and social behaviours. Through group discussions, case studies, and interactive activities, participants will gain practical tools to apply trauma-informed strategies in their teaching or learning settings. The session also emphasizes the importance of cultural sensitivity and the diverse experiences of trauma across different socio-economic and cultural groups.

Learning Outcomes of the Session:

By the end of the workshop practitioners will....	Define trauma and identify its types (e.g., individual, complex, and collective trauma).
	Recognise the signs and impacts of trauma on learners, including behavioural and emotional cues.
	Understand the core principles of trauma-informed practice (safety, trust, empowerment, collaboration, cultural humility).
	Apply practical trauma-informed strategies to create supportive and safe learning environments.
	Identify protective factors that help buffer against the effects of trauma.
	Reflect on their role as educators or practitioners in supporting trauma-affected learners while maintaining professional boundaries.

Overview of the session:

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challenges they've faced when trying to support resilience in trauma-affected learners.		
<p><u>Gallery Walk (A consolidating activity for Trauma informed practice)</u></p> <p>Groups will display their charts on the walls, each showcasing trauma-informed principles, proposed strategies for supporting trauma-affected learners and challenges.</p> <p>Participants will move around the room, examine the all the flip charts. While reviewing, they will use sticky notes to provide feedback, share additional ideas, or highlight solutions to the written challenges in implementing the suggested strategies.</p> <p>Each group will return to their chart, review the feedback left by their peers, and reflect on the insights offered. They will then present their flip chart with everyone, discussing what they learned from the feedback.</p>	<u>15 minutes</u>	Flip charts, markers, sticky notes
<p><u>Retraumatization</u></p> <p>The facilitator will explain the concept of retraumatization, highlighting how individuals can be re-exposed to elements of their past trauma through certain interactions, environments, or practices. Retraumatization often occurs unintentionally, such as through unpredictable behaviours, unsafe environments, or insensitive communication. The facilitator will emphasise the importance of recognising potential triggers in educational settings and encourage participants to adopt trauma-informed strategies that prioritise safety, trust, and predictability. By understanding and addressing retraumatization, educators can create a more supportive and healing-</p>	<u>5 mins</u>	Slides

focused environment for learners.		
<p><u>Closing activity:</u></p> <p>The post-assessment will be conducted at the end of the session to evaluate participants' learning and confidence in applying trauma-informed practices. It will help determine how well they understood the material and how ready they feel to implement these strategies in their professional environments. Following the assessment, there will be a Q&A session where participants can ask further questions, seek clarification on any concepts, or discuss challenges they foresee in applying trauma-informed strategies.</p>	<u>10 minutes</u>	Google form

Additional resources for the trainer to explore:

Trauma and the Brain

- [Understanding Trauma: Learning Brain vs Survival Brain](#)
- [Stress, Trauma, and the Brain: Insights for Educators--The Neurosequential Model](#)

Specific to Adult Learners and Workforce Development:

- [Trauma Impacts Adult Learners, Here's How](#)
- [A Trauma-Informed Approach to the Workforce: An Introductory Guide for Employers and Workforce Development Organizations](#)
- [Reducing Stress and Promoting Mental Health in the ABE/ESOL Classroom](#)

Practical tips and strategies

- [Tips for Teachers During Times of Trauma](#)

- [Trauma and Learning: Impacts and Strategies for Adult Classroom Success](#)
- [Trauma-Sensitive Schools Training Package](#)
- [Trauma-Informed Educational Checklist](#)
- [Trauma-Informed Teaching Advising and Learning Resource Packet](#)